

# WEEK 10 OF REMOTE LEARNING PERSIST...YOU ARE THE FUTURE WE BELIEVE IN

**THE MOST IMPORTANT THING YOU CAN DO IS TO STAY HEALTHY**



## Triton Regional High School Never Forgets To Remember Its Fallen Alum on its 51<sup>st</sup>

### Memorial Day Recognition

<https://www.youtube.com/watch?v=pwN7yrrrJ1E&authuser=0>

## How Do I Stay Healthy?

### FOLLOW CDC GUIDELINES

How do you keep your family safe during this pandemic? Practice good hygiene and keep at least 6 feet away from others outside of your home.

- Wash your hands with soap and water or use hand sanitizer, especially after touching high frequency surfaces.
- Avoid touching your face.
- Sneeze or cough in a tissue, or the inside of your elbow.
- Disinfect surfaces or materials as often as possible.
- Strongly consider using face coverings in public.

Remaining healthy depends on social distancing. So stay home, stay inside as much as possible, and when you need to venture outside, stay at least 6 feet away from others. Here are some other health tips:

- ✓ Establish routine, eat healthy, get at least 7 hours of sleep a night, and don't sweat the small stuff.
- ✓ Go for a walk, follow your PE teacher's directions, participate in an exercise app, or dance like no one is watching.
- ✓ In the middle of a storm, it is difficult to find tranquility, but utilize mindfulness breathing exercises to find peace. I know we taught you how.

## Please Follow the Correspondence from your School Principal

The School Principals are updating students on a daily and weekly basis. Please refer back to the School Events Memo Principals sent on May 1, 2020, so that you can continue to join in virtually and remotely. It is so wonderful to see students smile as teachers, coaches, and advisors celebrate their talents through a virtual show, surprise them with a lawn sign, provide them with a "thinking of you" bag, or share messages of support. We thank the staff members for attempting to bring some joy and hope to our students over the past few weeks. One thing is for sure, when we do share these moments with our students, the joy is reciprocal; seeing our students energizes our souls.

Not coming to school is difficult and we see performance trends (grades) that suggest some students either need additional support or they are not putting their best effort forward. If you need additional support or extra help figuring out assignments or concepts, please contact your vice-principal, teacher, case manager, school counselor, and teacher, and we WILL help you. If your grades are slipping because you are choosing not to put your best effort forward or choosing not to participate in your classes at all, then we can also help you strategize how to get back on the right track. Every child has a gift. Every child can succeed. All children are resilient. We can help you in this last marking period, but you have to communicate with the aforementioned parties as soon as possible, so that we can guide you towards greater performance.

We all have the individual power to shift our attitudes. Let's choose to make each day better than yesterday.

To check out a number of celebrations the schools have been producing virtually, please check out the links below. Have a great week!

Triton Memorial Day ceremony <https://youtu.be/pwN7yrrrJ1E>

The Highland Dance Team <https://youtu.be/rGhSeKMKjMo>

Highland's Decision Day: [https://youtu.be/fqDtYI\\_C9F0](https://youtu.be/fqDtYI_C9F0)

Timber Creek's Decision Day: <https://drive.google.com/file/d/1YfU3SSCq11hqStkK6Kmqjyam-t4-PdVl/view?usp=sharing>

Triton's People's Choice Awards <https://www.youtube.com/watch?v=MKVyK1SONxk&feature=youtu.be>

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If you have any questions or concerns about COVID-19 or need support, Call 2-1-1 for information or text "NJCOVID" to 898-211 or click this [link](#) for more resources.

## IN THIS ISSUE

### COPING DURING COVID- 19



The outbreak of coronavirus disease may be extremely stressful for people. It is important to remember that everyone reacts differently to stressful situations. Our students, and families are dealing with sudden changes to their regular schedules. According to the CDC, stress during an infectious disease outbreak can include...

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping/concentrating
- Worsening of mental health conditions

If your child is experiencing mental health issues we have a counselor in each school prepared to help you with this, please reach out to them via the emails below:

*Rio Brodeur, Triton*

[rbodeur@bhprsd.org](mailto:rbodeur@bhprsd.org)

*Abigail Altman, Highland*

[aaltman@bhprsd.org](mailto:aaltman@bhprsd.org)

*Ashley Reese, Timber Creek*

[areese@bhprsd.org](mailto:areese@bhprsd.org)

Additionally, these two local resources are offering teletherapy:



Center for Family Services offers

comprehensive outpatient counseling throughout South Jersey. CFS is currently providing teletherapy for individuals struggling with mental health challenges. Students can transition to an outpatient office as they reopen. CFS accepts state and private insurance. To schedule an intake appointment, caregivers should call the access line at 1.877.922.2377.



Center for Family Guidance

is offering teletherapy services and in-person visits at their locations in Marlton and West Deptford on select days. Clients can be seen at the Marlton office on Monday's, Wednesday's, and Thursday's. Clients can be seen at the West Deptford office on Wednesday's and Thursday's. To schedule an intake appointment, caregivers should call 856.983.3900.

### FOOD SERVICES

Since the Governor's Executive Order #107 and in the interests of everyone's health, we are going to serve bagged meals to eligible students on Monday, Wednesday, and Friday between 10 am and 12 noon. Bagged meals will cover multiple days. Students residing in the District can also pick up meals at any Gloucester Township Middle School on the same days.

And, since the pandemic has spread and caused severe economic changes, we understand that families may be struggling to eat. It is so difficult even ordering food in markets. **Please do not hesitate to email [cafe@bhprsd.org](mailto:cafe@bhprsd.org) or call 856-227-4106 extension 7777, to let us know how we can help provide food to your family.** We can drop it off to your home if you cannot find transportation to the school.

We are so appreciative of our cafeteria workers for providing this service to the community.

- The USDA Food and Nutrition Service website has a map where parents can "Find Meals when Schools Are Closed" (It works best if you change the "Show results" to within 15 miles.)
  - <https://www.fns.usda.gov/meals4kids>
- Food Texting service :
  - Text 'Food' to 877-877 to find sites near you that are serving free emergency meals to kids and teens 18 years old and under during the pandemic and throughout the summertime.
  - Text 'Comida' to 877-877 to find sites in Spanish.
  - How it works: Users text 'FOOD' or 'Comida' to 877-877 and receive a text back prompting them to enter a street address, city, and state and/or zip code for their desired location. While the service is able to return results for inputs that include only city and state and/or zip code, including a full street address will return results that are more accurate. The service then provides information about nearby meal sites or information about how to access other food resources if no sites are operating in the vicinity.

#### How To Strengthen Your Immunity

<https://www.cnn.com/2020/03/25/health/immunity-diet-food-coronavirus-drayer-wellness/index.html>

#### Learn Who Is Hiring In Your Community

<https://jobs.covid19.nj.gov/?Facets.filterbox.filter0=%5B%5D&Facets.filterbox.filter1=%5B%5D>

#### Unemployed and Need Assistance

<https://myunemployment.nj.gov/labor/myunemployment/covidinstructions.shtml>

### THIS DARN COMPUTER! I NEED TECH HELP

If you are having difficulties with your technology, have an issue with connectivity, have a broken/unresponsive Chromebook, or need a new charger, please call any of the school's main phone numbers...plus extension 4357

Highland is 856-227-4100 extension 4357

Timber Creek is 856-232-9703 extension 4357

Triton is 856-939-4500 extension 4357



OR

Email the technology

department at [helpdesk@bhprsd.org](mailto:helpdesk@bhprsd.org).

The IT department members will assist students, at Highland High School, by appointment only starting Tuesday, March 24, 2020. Contact the technology departments using the contact information above, anytime, and establish an appointment time. You can expect to drop off and pick up technology devices and other needs, curbside, at Highland Regional High School's Library Media Center side entrance (entrance B-2).

#### School and District Information Can Be Found:

[www.bhprsd.org](http://www.bhprsd.org)

[www.facebook.com/bhprsd/](https://www.facebook.com/bhprsd/)

#### Twitter Feeds

@HighlandHS

@TimberCreekHS

@TritonHigh

## CAREER CORNER

by Dr. Sarah Smith

As we begin to wrap up the school year and counselors get ready to have virtual meetings about post high school plans, all grade levels should be thinking about what they want to do after high school. Whether that is attending a college (community college or four year college/university), joining the military, attending job training or technical school or if you simply don't have a clue. The career counselors and your school counselors are here to help. I know that we have highlighted this resource before, but you can check out <https://www.careeronestop.org/> for some assessments and information about career paths. Also worth a look is <https://www.bls.gov/audience/jobseekers.htm> which is the website for the U.S. Bureau of Labor and Statistics which offers great resources but also takes a look at the projected growth for careers. In this age of uncertainty, it's important to think about the growth of the career that you may be considering. Please start thinking about your post high school plans whether you're a freshman or a senior. It's important to ask questions and know that what you may initially pick as a career may change throughout your high school career.

As always, please feel free to contact the Career Counselor in your building or your School Counselor with any questions.

Dr. Sarah Smith - Triton High School - [ssmith@bhprsd.org](mailto:ssmith@bhprsd.org)

Ms. Lisa Draper - Timber Creek High School - [ldraper@bhprsd.org](mailto:ldraper@bhprsd.org)

Ms. Lauren McElroy - Highland High School - [lmcelroy@bhprsd.org](mailto:lmcelroy@bhprsd.org)

Together we are #BHPRSD STRONG!

## MENTAL HEALTH TIP

by Ms. Abigail Altman, Mental Health Counselor, Highland High School

### MENTAL HEALTH

Around the world, approximately [two-thirds of people with a mental disorder go untreated.](#)

Adults with one or more serious mental illnesses, on average, die [25 years earlier](#) than those without serious mental health conditions.

Because of this it is important to talk about resources that are available because you never know who might need it.

Mental Health Mental illness [does not discriminate](#); it can affect anyone regardless of your age, gender, geography, income, social status, race/ethnicity, religion/spirituality, sexual orientation, background or other aspect of cultural identity. When you have a couple minutes I encourage you to look at this two minute video to see that mental illness might not be as obvious as we think.

[CLICK HERE TO WATCH VIDEO](#)

During the closure of schools due to the health emergency, school counselors are available through email and virtual meetings (e.g., Zoom, Google Hangouts). School counselors will be checking their voicemails periodically from home and email is the best avenue to reach your school counselor. To schedule an appointment, students and parents may email the school counselor directly or complete the online request form found on the Counseling webpage to find a mutually agreed upon date/time.

SCHOOL STAFF AVAILABILITY HOURS::  
Monday - Thursday from 7:10 AM - 2:40 PM  
and Friday 7:10 AM - 2:10 PM

**Emails/inquiries received after school hours will be answered during the next business day.**

If you or someone you know is in crisis, please dial 911 or call Jefferson Crisis Center at 856-428-4357. You can also call 1-800-273-TALK (8255) to reach a 24-hour crisis center or text MHA to 741741 at the Crisis Text Line. Additional resources can be found at the "[NJ Mental Health Resources](#)" page.

## What is Google Classroom Anyway?

Want to know what your kids are doing in Google Classroom? Check out this video tutorial:

<https://www.youtube.com/watch?v=-Inif8Khwqp0&feature=youtu.be>

## All of Governor Murphy's Executive Orders can be found at:

[https://nj.gov/infobank/eo/056murphy/approved/eo\\_archive.html](https://nj.gov/infobank/eo/056murphy/approved/eo_archive.html)

### Other BHPRSD News:

BHPRSD approves budget with a 2.42% Tax Decrease

<https://patch.com/new-jersey/gloucestertownship/black-horse-pike-school-budget-includes-tax-cut-approved>

Looking at every angle for graduations

<https://patch.com/new-jersey/gloucestertownship/black-horse-pike-schools-looking-every-angle-graduation>



Highland staff getting ready to deliver lawn signs to the Highland Class of 2020.